

Arizona

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

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| <p style="text-align: center;">The Epidemic</p> <p>56% of Arizona adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>24% of low income children between two and five years of age in Arizona are overweight or at risk for overweight. (CDC PedNSS, 2002)</p> <p>The obesity rate among Arizona adults increased by 80% from 1990 to 2002. (CDC BRFSS, 2002)</p> | <p style="text-align: center;">Program Priorities</p> <p>During its first year of funding, the Arizona program will focus on developing a state plan and capacity building with project goals to include the following:</p> <ul style="list-style-type: none"> ➤ Develop a comprehensive state plan for reducing the number of Arizona citizens of all ages who are overweight or obese through improved nutrition and increased physical activity. ➤ Identify and recruit partners to cooperate in both the development and implementation of the state plan, including both internal partners (other state public health programs) and external partners (public and private organizations that share similar goals.) ➤ Prevent and control diseases related to excess weight in Arizona children and adolescents by improving and evaluating the nutritional intake and physical activity levels of this age group. <p>A work plan has been developed for completing of the state plan in 2004.</p> <p>Arizona was awarded a \$1.4 million first year grant under the <i>Steps Along the Border Initiative</i> (SABI) to promote better health and prevent disease in border communities. The Nutrition and Physical Activity program will work jointly with SABI to maximize resources and avoid duplicating effort.</p> |
| <p style="text-align: center;">Notable Partners</p> <p style="text-align: center;"> Arizona Department of Education Arizona Nutrition Network Arizona Public Health Association Community Nutrition Program Cardiovascular Risk Reduction Program Diabetes Prevention Program 5 A Day Program Healthy Arizona 2010 Inter-Tribal Council of Arizona Maternal, Child Health, and Nutrition Program P.L.A.Y. program U. of Arizona Cooperative Extension Services Arizona WIC Program </p> | <p style="text-align: center;"> Project period: 2003–2008 Year First funded: 2003 Funding stage: Capacity building Contact Person: Renae Cunniën, PhD Program Coordinator Arizona Department of Health Services Telephone: 602-364-3315 Fax: 602-542-1890 E-mail: cunniën@hs.state.az.us </p> |
| <p style="text-align: center;">Upcoming Events and Products</p> <ul style="list-style-type: none"> ➤ Convene a statewide summit to bring partners together to prepare the state plan. ➤ Issue a call to action to partners and others for individuals to serve on the planning teams for the state plan. ➤ Identify, pilot and evaluate at least one promising intervention. | |



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